Tossed Salad20
Number of Servings: 20 (94.97 g per serving)

Amount	Measure	Ingredient
1 1/2	lb	Lettuce, romaine, fresh, leaf
1 1/2	lb	Lettuce, iceberg, fresh, chpd
9 1/2	oz	Carrots, fresh, grated
9 1/2	oz	Cabbage, red, fresh, shredded

Nutrients per serving

Nutrition Facts
Serving Size (95g)
Servings Per Container

Amount Per Serving

Calories 20   Calories from Fat 5

% Daily Value*

Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 15mg	**1%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 1g	**4%**
Sugars 3g	
Protein 1g	

Vitamin A 60%   •   Vitamin C 15%

Calcium 2%   •   Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than		65g	80g
Saturated Fat	Less Than		20g	25g
Cholesterol	Less Than		300mg	300 mg
Sodium	Less Than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Notes
Shredded/Chopped lettuce ~ 6-8 c/#
Cabbage, shredded ~ 4 c/# slightly packed
Carrots, shredded, ~4 c/#
Wash hands and wear gloves to prepare:
Wash greens thoroughly and drain. Tear into bite-sized pieces.
Add salad ingredients to greens. Toss lightly. Portion into salad bowls or plate ~ 1 cup/serv - 1 veg serving.
1 serving = 4 gram carbohydrate (0 CS)

Serve with amount and type of salad dressing listed on the menu
* Cucumbers, radishes, sliced zucchini and tomatoes may be substituted for cabbage &/or carrots when in season